

Baked Fish and Vegetables

Ingredients:

- 4 frozen white fish fillets or cod or perch (total of 16-20 oz.)
- 16 ounces frozen mixed vegetables
- 1 small diced onion
- 1 teaspoon lemon juice or fresh lemon, sliced thin
- 1 Tablespoon parsley flakes — dried or fresh chopped
- 4 10x12-inch tin foil squares

Preparation:

1. Preheat oven to 450°F.
2. Separate and place fish fillets in center of each tinfoil square.
3. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets.
4. Sprinkle with lemon juice (or add lemon slice) and top with parsley. Fold ends of tinfoil together to form leak-proof seal.
5. Bake for 10 minutes. Serve.
6. Refrigerate leftovers.

Yields 4 (4 oz. fish and ½ cup vegetables) servings

Nutritional Information Per Serving: 350 calories, 41g protein, 17g carbohydrate (5g fiber), 12g fat, 120mg cholesterol, 260mg sodium

Source: U.S. Department of Agriculture

